

## ABSTRACT

### Issues

The purpose of this invention is to make personal work easy in a dark place.

### Method of resolution

The arm 5, which can rotate up and down, is installed on the ear pad 4 at the end of the arc-shaped head band 2, which can be fixed while being put over the head due to elastic deformation, and the LED (luminous diode) emitting white light is installed at the tip of the arm. The battery storing unit 7 and the rotary switch 9, which is connected to the battery and LED 10, are installed inside the ear pad 4. By lowering the arm, the LED 10 irradiates one's hands which are holding a book, a game machine etc.

Selected drawing: Drawing 1